

Summary

The Title: The Influence of the Classical Ballet Technique upon the Posture

The Aim of the Thesis: The aim of the Thesis will be to assess the influence upon the posture of a selected group of dancers during the long-term dance preparation focused on the classical ballet technique.

The Method: For the purpose of the research were used methods of observation, verification and description.

The Results: It was discovered during the investigative inquiry that the long-term application of the classical ballet technique causes certain deflections in right posture. Furthermore the inquiry accomplished the comprehensive key-information data file that will be used as an essential building material for the more complex investigation of the subject field of the Bachelor's Thesis.

Keywords: Ballet, Classical Ballet Technique, Posture, Motive System and Spine